



# Little Aston OASIS


Orthopaedic and Sports Injuries Services



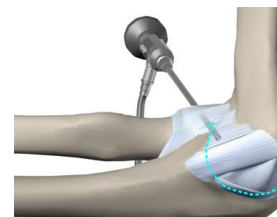
**Orthopaedic and Sports Injuries Services "OASIS"**  
**Munawar Shah FRCS, FRCS Tr & Orth**  
Consultant Trauma & Orthopaedic Surgeon

---

Little Aston Spire Hospital  
Little Aston Hall Dr  
Sutton Coldfield, B74 3UP  
01215807406  
01922656972  
la.oasis@live.co.uk  
<http://littleastonoasis.com>



## Elbow Arthroscopy



In recent years, the role of elbow arthroscopy has expanded dramatically and is becoming a much more common procedure. Elbow arthroscopy has the potential to be hazardous to important nearby nerves and vessels, more so than with most other joints.



Placing the viewing telescope and instrument in the correct place and being very careful with surgical technique, significantly diminishes the risk to the structures.

There are few contraindications to elbow arthroscopy. There are many situations, however, that might make the procedure more difficult or may preclude the use of certain portals for access to the joint. This includes situations such as ulnar nerve transposition or prior surgery that alters normal elbow anatomy.

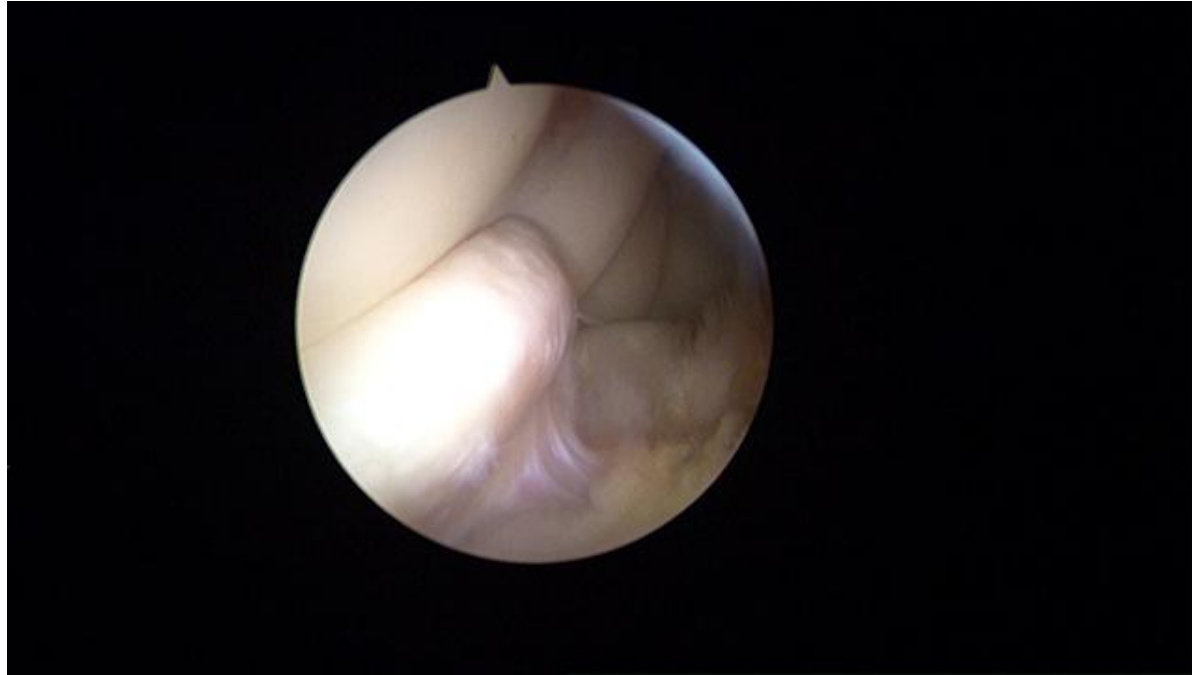
The surgery will be performed under a general anaesthetic. Once you are asleep, you will be placed on your side and the arm to be operated on will be placed over an arm holder. Multiple skin stabs will then be made to allow access of both the viewing camera and the operating

instruments into your elbow joint. The joint will be thoroughly inspected and then any pathology will be treated at the time.

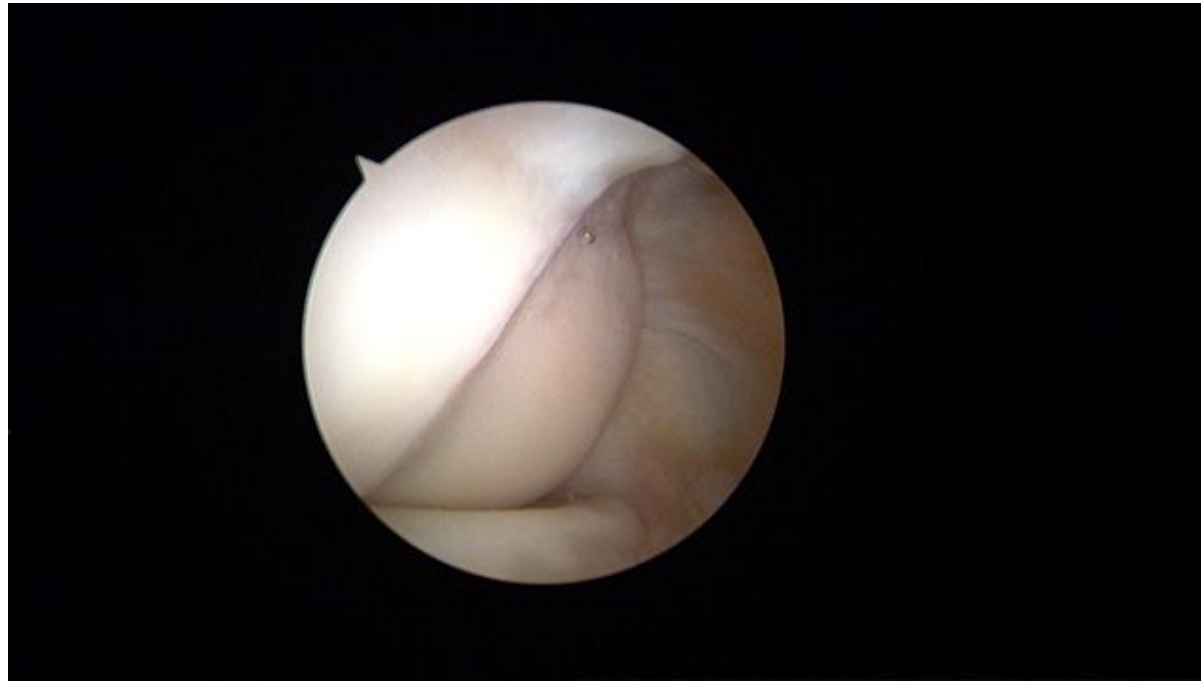


Elbow arthroscopy is particularly helpful for...

- Removal of loose bodies.
- Evaluation and treatment of OCD.
- Evaluation and treatment of damaged joint lining surfaces.
- Removal of bone spurs.
- Synovectomy - especially for rheumatoid arthritis.
- Stiff elbow release.
- Evaluation of instability.
- Radial head excision.
- Tennis elbow release.
- Olecranon bursa excision.



**Normal Elbow joint showing Coronoid process**



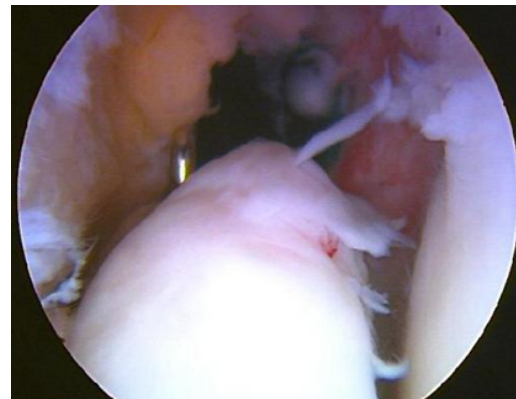
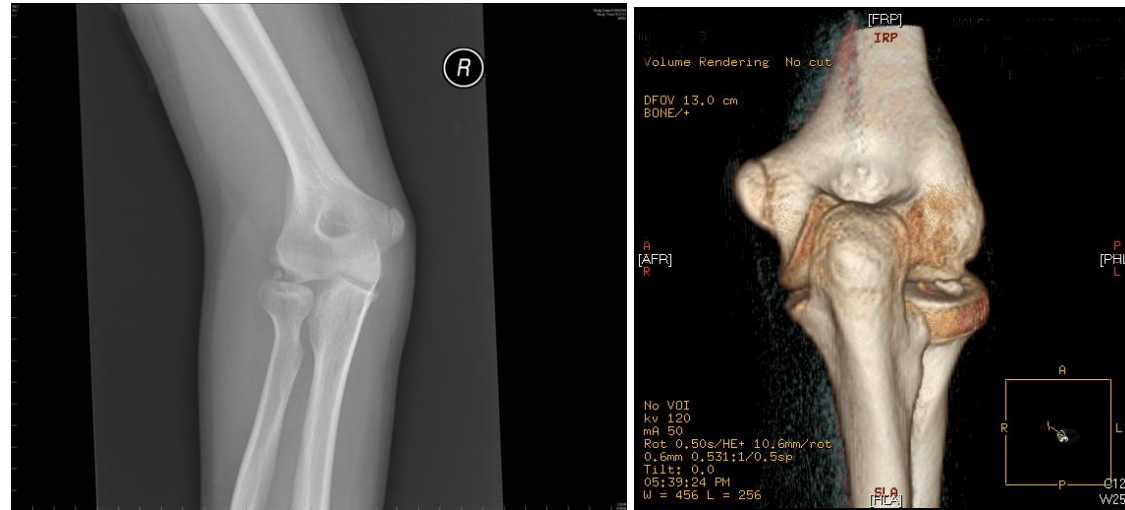
**Normal Elbow joint showing Radial head/ Lateral Condyle**



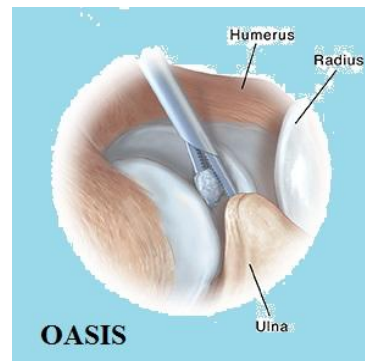
### Olecranon Fossa and Process

### Radial

### Head excision



### Loose Body



At the completion of the surgical procedure, the skin incisions will be stitched closed and your elbow will be placed out straight in a half plaster.

When you wake up in the recovery room your arm will be in a bulky dressing and you will have an ice pack on the front of the elbow. The arm will remain elevated for between 12 and 48 hours, depending on the nature of your surgery. If you have had a stiff elbow release you will then begin your continuous motion program, however, for most people it will simply be a physiotherapy program, with or without splinting.

Once the bulky post operative dressing is removed, you will have a compressive stocking placed from the armpit to the hand. This is to remain in place at all times, except when doing your physiotherapy. This compressive stocking helps to reduce swelling, improve range of motion and decrease pain levels.



If you are interested in making an appointment to discuss a treatment, please click here to [contact us](#), or telephone 01215807406


**Orthopaedic and Sports Injuries Services "OASIS"**

**Munawar Shah FRCS, FRCS Tr & Orth**

Consultant Trauma & Orthopaedic Surgeon

---

Little Aston Spire Hospital  
Little Aston Hall Dr  
Sutton Coldfield, B74 3UP  
01215807406  
01922656972  
la.oasis@live.co.uk  
<http://littleastonoasis.com>

An illustration of a human elbow joint, showing the bones and ligaments. Two surgical instruments, likely arthroscopes, are shown inserted into the joint, with their handles extending outwards. The illustration is rendered in a realistic style with shading to show depth.

All rights reserved © Munawar Shah, 2009